



HOLISTIC HEALING CENTRE

Healing your body naturally

TIPS FOR USING OUR FAR-INFRARED SAUNA

1. Wait at least 1 – 2 hours after eating before beginning a **sauna session**. This allows your body to attain the best detoxification results.
2. When you first begin to use our sauna, Start Slowly, with 20 minutes sessions. After becoming acclimated to infrared heat, you can increase your sessions 30-40 minute sessions. You can gradually work your way up to 45-50 minute sessions, if desired. Two sessions per day is permissible if you are working on a specific therapy goal like **weight loss or detoxification**.
3. **Stay Hydrated!** Most people do not drink enough water to begin with and now that you are using a far infrared sauna and sweating, it is even more important to stay properly hydrated. A good rule of thumb is to drink your body weight in ml for every half an hour of your waking day, for example if you are 60kg, you will drink 60ml every half an hour from the time you wake up until the time you close your eyes at night. When exercising or using our sauna you will need to increase this water. It is important to drink water during the hour before you enter the sauna. This will also aid in the detoxifying process. A bottle of Alkalife spring water will be included in your sauna session for no extra cost and bottled Alkalife water is available for purchase at any time.
4. You may not sweat much during your first 2-3 sauna sessions. This is normal for many people, as they haven't had a recent history of sweating, and it takes a few sessions to "retrain" the body to do what comes naturally. Take care not to overheat during your first few sessions. As the body continues to adjust, sweating can increase dramatically and body temperature regulation becomes more effective. An increase of up to 50% above the resting pulse is safe unless a heart condition requires keeping it lower. Body temperature should not be allowed to rise above 38 degrees c. Over time, you will begin to sweat more quickly and at a lower temperature setting as your body adjusts to your sauna routine.



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5. Children over age 6 may use the sauna accompanied by an adult. Sessions should not exceed 20 minutes. Children's metabolism is much faster than adults, so take precaution not to overheat.
6. For the elderly, Moderate sauna use is safe for most older people, but diabetics and anyone being treated for heart or circulatory conditions should check with their doctor, particularly if taking medication. If you are not sure whether the sauna is safe for you, always seek advice from your health care professional before entering a sauna treatment.
7. **Healing Reactions** are temporary symptoms associated with eliminating toxic substances, healing chronic infections or metabolic changes in the body. They are an important function of all deep healing methods. These short lived "flare-ups" are generally short-lived and mild and are positive sign that deep healing is occurring. Symptoms may include headache, muscle pain, odours, slight nausea and fatigue.
8. Sauna Apparel. Lightweight shorts and tee shirt are ok. Swim suits are better. Underwear is also good. More skin exposure is certainly preferable. Because our sauna at Holistic Healing Centre is being used by many people, we ask that you please not wear your "birthday suit"
9. Bring two towels to place on the bench seat to absorb perspiration during your session. Wipe off sweat during your session to promote your body to sweat more. You must also place a towel under your feet to catch sweat drops because no sweat or oils may touch the wood. Towels will be provided if you forget/don't have your own.
10. If sauna cabin becomes too hot or stuffy, you may open the vent in the ceiling to allow heat to escape. Or, just open the door for a minute to let some fresh air inside. Drink at least 300-600 ml of Alkalife or good quality water during your sauna session.



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11. **Fat and Cellulite** deposits begin to melt at 38 degrees c. Massaging fatty tissue during your sauna session will help to break down these areas into smaller water clusters which can be more easily eliminated through the pores of the skin. To obtain an even better result when using our sauna as part of a weight loss program, follow your sauna treatment with a massage at Holistic Healing.
12. Stretching your arms, legs and back area during your session creates more body flexibility. Massage congested and “knotty” muscle areas to help alleviate pain and tightness. Follow with a half hour or hour massage for even better results
13. **Do not** use skin lotions or oils before or during your sauna session as this will inhibit sweating.
14. If you feel a cold or flu symptoms beginning, it is a good idea to use our sauna 3 times per day/ 20 minute sessions, to induce hyperthermia which strengthens your immune system. This increases your **white blood cell count** which helps your body to fight viruses. You will lessen the effects and duration of a flu bug and in many instances, eliminate it totally.
15. When you finish your sauna session, it is important to relax and cool down while your body continues to perspire. Sit or recline with a towel or robe around you for about 5 minutes. This also allows your body to attain the full benefit of your Far Infrared Therapy
16. **Replace Electrolytes.** Make certain that you are replacing the calcium, magnesium, sodium and potassium which are depleted during sweating. If you take these minerals with your regular vitamins and supplements, it is probably not necessary to increase their consumption. Also consider adding mineral salt (like Himalyan mineral salt, definitely not table salt) to your supplements as you are sweating out salts you will need to replace them.



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17. Turn your body fluid pH slightly alkaline. Most people today have an acidic blood and body fluid Ph which prevents optimum body healing and cell regeneration on many levels. Ph is a scale that measures how acidic or alkaline a substance is. The scale ranges from 1 to 14, with 1 being extremely acidic, 7 neutral and 14 very alkaline. The Ideal pH level for your saliva is around 6.9 to 7.2. You can alkaline your body using good quality water (check for analysis on bottle) and changing your diet. A chart is available in clinic for you to view.
18. For the ultimate healing benefit follow your sauna treatment with a massage at Holistic Healing Centre.

For more information on any of the above information or for information on other treatments or services by Holistic Healing Centre, contact us on the details below or visit our website www.allthatshealing.com.au



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